

# 31st ANNUAL - SEAMAN RELAYS

Friday, April 27, 2012

3:00 p.m.

- TEAMS:** (18 schools) Blue Valley North, Emporia, Hayden, Junction City, K.C. Schlagle, Lawrence, Lawrence Free State, Leavenworth, Manhattan, Olathe North, S.M. North, S.M. Northwest, S.M. South, Topeka High, Topeka West, Washburn Rural, Wichita-Carroll, and host Seaman.
- The following (4 schools) will send top individuals: Jeff North, Jeff West, Silver Lake, and Wamego.
- FEES:** \$60.00 per team, \$120.00 for both boys and girls teams, or \$5.00 per entry.
- AWARDS:** Medals will be given to the top (4) finishers in individual and relay events. Team Plaques will be awarded to the 1st and 2nd place teams at the conclusion of the meet.
- ENTRIES:** Each school may enter (3) individuals per event with the exception of the 100m, 200m, and HH, where only (2) individuals are allowed. **Online entry instructions are enclosed. This is the same website used by KU Relays ([www.directathletics.com](http://www.directathletics.com)). All entries must be entered online by Wednesday, 3:00 p.m., April 25.**
- Additions will not be permitted at meet sight.**
- CHANGES:** No new entries or updates will be allowed after 3:00 p.m., Wednesday, April 25. A scratch only session will be held at 2:00 p.m. the day of the meet in the pressbox.
- FACILITIES:** A new (8) lane 400m polyurethane rubberized surface. HJ, LJ, TJ, PV, and JAVELIN runways have the same surface, which require 1/4" spikes. **Please do not wear spikes in the stadium.**
- DRESSING:** Limited dressing space is available in the varsity locker rooms. If possible, come dressed to compete. Please notify us if you wish to dress at Seaman.
- WEIGH-IN:** All throwing implements will be weighed in at the garage door at the north end of the stadium. **Implements not making weight will be held until the event has concluded.**
- SCORING:** Individual Events: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
- RESULTS:** Results will be made available at the conclusion of the meet.

## ADDITIONAL INFORMATION

- Coaches and athletes who are not participating are asked to **please stay off of the infield**. **Remind your athletes of rules concerning jewelry, uniforms, and sportsmanship.**
- Rest rooms and concessions are located beneath the stadium.
- The Seaman Athletic Booster Club will have a concession stand for all to enjoy. For \$4 enjoy a HAMBURGER or HOTDOG, CHIPS, and a 20 oz. DRINK.** Make checks payable to: "Seaman Athletic Booster Club".

4. **Field Event Athletes** - Please report promptly to your event areas at the scheduled times. Track athletes must report to the bullpen area 10 minutes prior to their event. Please advise athletes to be extremely careful while walking to or from the throwing areas.
5. **Track and Runway Markers** - Please bring a marker to be placed beside the runway. No tape, chalk, or any type of marking will be allowed on the LONG JUMP, TRIPLE JUMP, JAVELIN, and POLE VAULT runways.
6. **100m, 200m, and HH** - Only (2) entries will be allowed from each school and the top (2) finishers of each heat will qualify to finals. Due to the number of entrants, accurate and honest entry times are a must. **Proper seeding requires accurate entry times!**
7. **400m, 300m Hurdles, 4X100m, 4X400m** - the fastest (8) times will be placed in the last section; the second (8) in the next to last heat, etc. Times will determine all places.
8. **800m** - possibility of (3) heats with the 12 fastest times in the last section; the second 12 times in the next to last section; all others will run in the first heat.
9. **1600m** - the fastest 16 times will be placed in the last section; all others will be run in the first section.
10. **3200m** - this race will be run in one section with the boys and girls running separately. Each school will draw for lane assignments.
11. **High Jump/Pole Vault** - we will start jumping at the following heights if the entries show at least (8) contestants have cleared them.

<b>Boys High Jump</b>	will start at	<b>5'8"</b>
<b>Girls High Jump</b>	will start at	<b>4'8"</b>
<b>Boys Pole Vault</b>	will start at	<b>11'0"</b>
<b>Girls Pole Vault</b>	will start at	<b>8'0"</b>

12. **Measurements** - No measurements will be taken in field events if performances are below the following standards. We will attempt to have arcs to estimate the distance with reasonable accuracy. Because of time, the only alternative to this system is to limit entries; but we believe participation is more important.

	<u><b>BOYS</b></u>		<u><b>GIRLS</b></u>
Long Jump	----- 20'0"	Long Jump	----- 15'0"
Shot	----- 44'0"	Shot	----- 30'0"
Discus	----- 120'0"	Discus	----- 85'0"
Javelin	----- 140'0"	Javelin	----- 90'0"
Triple Jump	----- 39'0"	Triple Jump	----- 30'0"

Like the pole vault and high jump, these standards will be reduced if they have not been met by a least (8) contestants or inclement weather conditions exist.

13. If you have any questions, **please contact Brad Dietz at (785) 286-8300-ext 4.**